

DINNERLY



Fig and Garlic Bread-Stuffed Chicken with Roasted Carrots and Kale Salad



40 minutes



2 Servings

Although this scrumptious roast takes a bit more time and effort than a regular Dinnerly dinner, we think it's worth it. Fig-stuffed chicken, sweet roasted carrots and a healthy kale salad are destined to impress!

WHAT WE SEND

- 2 carrots
- 100g kale
- 2 garlic ciabatta breads ^{1,6,17}
- 60g diced dried figs
- 1 large free-range chicken breast fillet
- 20g sunflower seeds

WHAT YOU NEED

- 20g butter ⁷
- 1½ tbs olive oil
- 2 tsp honey
- 1 tbs white wine vinegar ¹⁷

TOOLS

- 2 oven trays
- baking paper
- 1.5L (6 cup) baking dish
- toothpicks

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (6), Milk (7), Sulphites (17).
May contain traces of other allergens.

NUTRITION PER SERVING

Energy 695kcal, Fat 34.3g, Carbs 52.5g,
Proteins 42.6g



1. Prep ingredients

Preheat the oven to 220C. Line 2 oven trays with baking paper. Lightly grease a 1.5L (6 cup) baking dish. Put **20g butter** in a bowl to soften. Peel the **carrots** and quarter lengthwise. Remove the tough inner stems from the **kale**, then coarsely chop the leaves. Tear **½ garlic ciabatta** into coarse breadcrumbs, then cut the **remaining 1½ garlic ciabatta** into 1cm chunks.



2. Stuff chicken

Combine the **breadcrumbs**, **half the dried figs** and **half the butter** in a bowl and season with **salt and pepper**. Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets. Spread the **fig stuffing** across the centre of each, then roll to enclose and secure with toothpicks. Put the chicken, seam side down, in the baking dish.



3. Roast chicken and carrot

Drizzle the **chicken** with **2 tsp olive oil** and season with **salt and pepper**. Put the **carrot** on a lined tray, dot with the **remaining butter**, drizzle with **1 tsp honey** and season with **salt and pepper**. Roast the chicken on the upper oven shelf and the carrot on the lower shelf for 20 mins.



4. Make dressing

Add the **sunflower seeds** to the tray with the carrot and roast for a further 5 mins or until the chicken is cooked through, the carrot is tender and the sunflower seeds are golden. Meanwhile, put **1 tbs olive oil**, **1 tbs white wine vinegar** and **1 tsp honey** in a large bowl, season with **salt and pepper** and whisk to combine. Stir in the **remaining dried figs**.



5. Serve up

Put the **bread** on the remaining lined tray and bake for 5–7 mins until golden and crisp. Meanwhile, add the **kale** to the dressing and massage for 1 min or until tender (see Kitchen 101). Add the **croutons** to the salad and toss to combine. Divide the **chicken**, **carrot** and **salad** among plates. Scatter over the **sunflower seeds**, drizzle with the pan juices and enjoy!



6. Kitchen 101

Yes, you read it correctly – kale needs to be massaged! This helps to break down the tough fibres, making it tender and easier to eat. Gently pinch and squeeze the leaves until they start to shrink, soften and darken a little.